

## Everyday trance state: Phenomenology and regularities

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### Abstract

Trance state typical for man's everyday life activity, its phenomenology, structure, correlation with cognitive process and personal characteristics are considered. The specific character of everyday trance in comparison with "medical"; influence of kinds of activity on its manifestation are analyzed. The structure of everyday trance is shown to consist of two integrated functional complexes - mental and somatic. Correlation between intensity of trance state experience and level of cognitive possesses development and with subject's personal characteristics as well are revealed. © 2012 r.

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### Keywords

Altered states of consciousness, Cognitive processes, Everyday trance, Factors, Person's characteristics, Phenomenology, Structure